



Welcome to Wellbeats, a virtual group fitness system! This system delivers world class fitness programming to our new Tuscany Fitness Studios, on demand. You are now able take exercise classes of the type you want, when you want....provided the Studio #1 is not occupied by scheduled instructor led classes.

Wellbeats offers virtual group exercise classes, and various exercise programs. It's easy to use and our staff is available to assist. Just take the plunge, and get started. The Wellbeats kiosk is located inside Studio #1.

At the Kiosk, follow the posted instructions, and you'll be on your way.

The Classes available are offered on a number of different "Channels", with classes of various duration, and targeting different areas.

## CHANNELS

**TKO Kickboxing Conditioning** – non stop movement to channel one's inner fighter.

**Stomp** – lively "step" total-body, cardio-driven workout.

**Definitions** – straight sculpt to define, re-shape and recontour.

**KettlePower** – whole body training that targets every muscle.

**Fusion** – yoga and pilates with attention on breath, form, flow, and body balance.

**Kinetics** – no nonsense, total body training using resistance, intervals, and circuits

**Express** – fast, efficient fitness classes when time is short

**Transitions** – active aging classes with a mix of cardio, resistance, balance, mobility

**Vibe** – edgy classes to get your groove on to the Latin, hip-hop beat.

Wellbeats also provides pre-planned month long exercise programs to target specific Individual goals.

## WORK OUT PLANS

**EZ Stretch** – 4-week program designed to release tight, stiff muscles

**28-Day Kick Start** – a guided start to your fitness commitment

**Maintain, Don't Gain** – series of 20 min workouts to beat the holidays

**Stress Relief** – 4-week program to relieve stress and tension

**Pounds Off!** – 8-week program based on science to get new exercisers in shape

**Adrenaline RUSH!** – 8-week program to get you to the next level